



Bible Stories 1: The Life of Jesus and Other Stories from the Old and New Testaments (Paperback)

By Wendy Zurbowich

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Language: English . Brand New Book ***** Print on Demand *****. Each book in the Coloring Books for Grownups series contains 50 outline drawings ready for coloring, and is designed for older children and adults of all ages who are looking to escape the stresses of modern living and simply relax. This, the first book in the series depicts biblical stories from both the Old and New Testaments, with several drawings showing images of Jesus Christ. Coloring for grown-ups is very popular today and there are many explanations for this interest. Some of the reasons for its popularity include. Coloring Lowers Stress And Anxiety Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to rest. Indeed, Carl Jung, the founder of analytical psychology, is known to have given his patients mandalas to color over 100 years ago. In today's hectic world the stress reducing properties of coloring are probably more valuable than ever. Coloring Trains Your Mind To Focus Remaining inside the lines as you color requires focus and, while you are concentrating on this stress-free and relaxing activity, you can...

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